

National Heart Month Activities 2013

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. The Centers for Disease Control and Prevention and Centers for Medicare and Medicaid have jointly launched Million Hearts™, to prevent the nation's leading killers and empowering everyone to make heart-healthy choices.

To support the Million Hearts Initiative™, the Maryland Department of Health and Mental Hygiene and the Delmarva Foundation are hosting the Maryland Million Hearts Symposium on Wednesday, February 13th. This symposium aims to raise awareness about the Million Hearts Initiative, engage new and existing partners, and highlight best practices and resources for implementing evidence-based strategies to achieve excellence in the ABCS (aspirin for those at risk, blood pressure control, cholesterol management, and smoking cessation) in various community and healthcare settings. To learn more about this free symposium and register visit the [DHMH Million Hearts Website](#).

Many public health partners are holding various heart health activities or events across the State for National Heart Month. Find an activity listed below in your local community!

- Wednesday, January 30, 2013 from 10:30 to 11:30 am
Baltimore Goes Red: Mayor's Press conference at City Hall in support of Heart Month
Contact: Annette Fisher (410) 637-4569 at the American Heart Association
- Friday, February 1, 2013
Wear Red Day sponsored by the Howard County Health Department
A mannequin in the Administration lobby will be dressed in red to remind the community that heart disease is the number one killer of women in the U.S. More information will be available in the lobby.
- Friday, February 1, 2013 from 5:00 to 8:00 pm
National Wear Red Day Go Red Zumbathon
Towson Town Center : 825 Dulaney Valley Road Center Court , Towson, Maryland 21204-1010
5:00 to 6:00 pm: Healthy cooking demonstration
6:00 to 8:00 pm: Go Red for Women Zumbathon - FREE
The first 100 participants to come and wear red will receive a gift!
- Friday, February 1, 2013 from 1:30 to 4:30 pm
Peninsula Regional Medical Center is hosting a **blood pressure screening** at Talbots in Salisbury, Maryland
- Saturday, February 2, 2013 from 11:00 am to 2:00 pm
6th Annual Macy's Go Red for Women Health & Fashion Show
Macy's Towson Town Center 825 Dulaney Valley Road Towson, Maryland 21204-1010
11:00 am to 12:30 pm: FREE blood pressure screenings, nutrition and fitness counseling, cooking demos, Kids art for the heart station sponsored by the Deltas, red carpet photos, survivor casting call, CPR demos by Chesapeake AED Services and heart health information. Entertainment by Gospel Recording Artist, Lisa Page Brooks and Fox 45's News Anchor, Patrice Sanders will host the event.
12:45 pm to 2:00 pm: Go Red Fashion show featuring women survivors, Kids, KIS models and local TV and radio celebrities, produced by Lana Rae.

- Saturday, February 2, 2013
Dorchester County Health Department is promoting **National Wear Red Day**. Employees are encouraged to wear red, a group photo will be taken of those wearing red, which will be submitted to a local newspaper, along with an article.
- Sunday, February 3, 2013 at 9:00 am
Peninsula Regional Medical Center is hosting a **Heart & Sole 5K/2 mile Walk Run**.
Contact Jeanne Ruff at 410-543-7769 to learn more.
- Wednesday, February 6, 2013 from 5:30 to 8:00 pm
Tri-Co Go Red Event for Women sponsored by Atlantic General Hospital, PRMC, and the Somerset, Wicomico, and Worcester County Health Depts.
Berlin Middle School, 309 Franklin Ave. Berlin, MD
Come hear women share their stories, enjoy a heart healthy meal, visit vendors and participate in fitness demonstrations. FREE event. Register online by February 4th at wicomicohealth.org
- Wednesday February 6, 2013 from 12:00 to 4:00 pm
Discussion: Lunch & Learn (blood pressure screenings available) hosted by the University of Maryland Medical Center.
University of Maryland Medical Center. Patient Resource center Assembly Room. 1st Floor Weinberg Building. 22 S. Greene St. Baltimore, MD 21201.
Stop by UMMC's Patient Resource Center Assembly Room at noon for a talk and heart-healthy lunch followed by blood pressure checks and information on preventing heart disease. Please call 410-328-9355 to RSVP for lunch.
- Thursday, February 7, 2013 from 11:30am to 1:30 pm
Free Federal Health Fair with 1000 employees
Million Hearts Campaign's Center for Medicare & Medicaid Services at 7500 Security Blvd. Baltimore, MD 21207
Contact: Annette Fisher (410) 637-4569
- Thursday February 7, 2013
Dorchester County Community Transformation Grant staff will be guests on a local **live radio show**, Dr Kay's Show, (Radio 1240 WCEM AM) for National Heart Month. This radio show is broadcasted locally and has listeners in other states such as Virginia, Georgia, and Florida.
- Friday February 8, 2013 from 10:00 am to 2:00 pm
3rd Annual Dance for Your Heart hosted by University of Maryland Medical Center
Virginia S. Baker Recreation Center. 2602 E. Baltimore St. Baltimore, MD 21224.
In partnership with the Baltimore City Health Department and Baltimore City Department of Recreation in Parks, Baltimore seniors will enjoy a day of heart health, exercise, and fun. A \$5 donation is suggested to help offset the cost of T-shirts, lunch, and travel. Call 410-396-2920 to reserve your space.
- Saturday February 9, 2013 from 7:00 to 11:00 am
Screenings: Matters of the Heart (registration required) hosted by Civista Medical Center
Civista Medical Center. 5 Garrett Avenue. La Plata, Md 20646.
Take advantage of free cardiovascular screenings for both men and women. These screenings may help reduce your cardiovascular risk factors through awareness and education. Fasting is required prior to your screening. Pre-registration is required. For more information, go to www.civista.org or call 1-888-332-4847 for an appointment.

- Saturday, February 9, 2013 from 11:00 am to 3:30 pm
Fourth Annual Love Your Heart Expo
Westfield Montgomery Mall, Bethesda, MD
<http://www.adventisthealthcare.com/health/calendar/details/?eventId=e3a5880a-9a2d-e211-a58c-2c768a4e1b84>
- Sunday, February 10, 2013 from 2:00 to 5:00 pm
From the Heart Health event sponsored by University of MD
Reginald Lewis Museum – Inner Harbor
 Free blood pressure screenings, heart health seminars and materials, cooking demos and more.
 Contact: Kim Mays – 410-637-4536
- Sunday, February 10, 2013
Red Dress Sunday sponsored by Saint Agnes Church in Baltimore
 Health fair will follow the church service. Over 100 other churches are participating in this event, contact St. Agnes for more information.
- Monday February 11, 2013 from 10:00 am to 2:00 pm
Open House: Cardiac Rehabilitation Unit hosted by Shore Health System
 The public is invited to visit the Cardiac Rehabilitation Unit at both Memorial Hospital and Dorchester Hospital in Cambridge. Patient testimonials will be on display.
- Tuesday February 12, 2013 from 2:00 to 4:00 pm
Open House: Cardiac Rehabilitation Center hosted by Chester River Health System.
Chest River Hospital Center. Medical Services Building, 1st floor. 100 Brown St. Chestertown, MD 21620
 The public invited to tour and learn about the Cardiac Rehabilitation Center, where specialists conduct a four-phase comprehensive program to assist cardiac patients in achieving a heart-healthy lifestyle after a heart attack, bypass surgery or other cardiac disease. The cardiac rehabilitation program involves education about how to live with and manage heart disease. Refreshments and door prizes will be provided.
- Tuesday February 12, 2013 from 2:00 to 2:30 pm
Presentation: The How and Why of Cardiac Medications hosted by Shore Health System
Memorial Hospital. 219 S. Washington St. Easton, MD 21601
 Join Dr. Christdoss Rajasingh as he discusses the importance and implications of heart medications. To register, call 410-822-1000 ext 528.
- Wednesday, February 13, 2013 from 8:30 am to 12:00 pm
Free blood pressure screening hosted by the Baltimore Washington Medical Center
Harundale Presbyterian Church 1020 Eastway Glen Burnie, MD 21060
- Wednesday, February 13, 2013 at 10:00 am
Discussion: Diabetes hosted by University of Maryland Medical Center
Hatton Senior Center. 2825 Fait Ave. Baltimore, MD 21224
 Join the diabetes awareness talk and get information important for people at risk of developing or currently living with diabetes.
- Wednesday, February 13, 2013
Heart Health Eating for One or Two hosted by Shore Health System.
 Our food choices greatly impact our health. Learn how to make healthier decisions by listening to Staci Walden, DTR, RD, LDN, Clinical Dietician for Sodexo, present “Heart Healthy Eating for One or Two” at

Memorial Hospital and Dorchester General Hospital. Healthy snacks will be provided. To register, call 410-822-1000 ext 5208.

11:00 am to 12:00 pm: *Memorial Hospital. Health Education Center, Rooms C&D. 219 S. Washington St. Easton, MD 21601.*

2:00 to 3:00 pm: *Dorchester General Hospital, 3rd Floor Classroom. 300 Byrn St. Cambridge, MD 21613.*

- Thursday, February 14, 2013 at 9:00 am
Maryland General Assembly Goes Red, Kick off Heart Month
Photo and proclamation presentation at the State Capital
Please wear Red!!!
Meet Near Front Steps of State House 9:00 am
Invite only
Contact: Jennifer Witten (410) 637-4537
- Saturday, February 16, 2013 from 9:00 am to 2:00 pm
Holy Cross Hospital and the African American Health Program have partnered to present the **6th annual Celebrate Heart Health Screening and Education Event**, on Saturday, February 16, 2013 (snow date February 23, 2013) from 9:00 a.m.-2:00 p.m. at Holy Cross Hospital.
Holy Cross Hospital, 1500 Forest Glen Rd., Silver Spring, MD 20910.
The event will provide community members with free heart health information, health lectures by health professionals, as well as free health screenings, prizes, and more! For more information and to register visit <http://healthyheartmc2013.eventbrite.com/#>
- Saturday, February 16, 2013 from 10:00 am to 3:00 pm
Heartbeat for Health hosted by the Baltimore Washington Medical Center
Severna Park Community Center: 623 Baltimore Annapolis Boulevard, Severna Park, MD 21146
Lace up your shoes and hit the floor to get your heart pumping. This free event has something for everyone! Participate in exercise demonstrations, watch dance performances, try a new dance style, take part in free health screenings and assessments, and sample healthy snacks. Bring your friends and neighbors! For more information about the even, call 410-787-4367.
- Saturday, February 16, 2013
Annual Coastal Cardiovascular Conference at the Hyatt Regency Chesapeake Bay Golf Resort in Cambridge, Maryland
- Tuesday, February 19, 2013 from 8:00 to 10:00 am
Maryland's Go Red Legislative Breakfast
Women Leaders Go Red in Annapolis, MD at the State House
State House
Includes heart awareness education and CPR training
Please wear Red!!!
Invite Only
Contact: Jennifer Witten (410) 637-4537
- Tuesday, February 19, 2013 at 6:30 pm
Discussion: Managing Heart Disease and High Blood Pressure sponsored by the Baltimore Washington Medical Center
Baltimore Washington Medical Center, Dr. Constantine Padussis Conference Center, 3rd floor. 301 Hospital Drive Glen Burnie, MD 21061

Cardiologist Jorge Ramirez will offer an informative discussion about successfully managing heart disease. Lifestyle changes, medications, and necessary interventional procedures can improve the function of the heart, leading to a healthy and enjoyable life.

- Tuesday, February 19, 2013 at 6:30 pm
Seminar: The Beat Goes On hosted by Chester River Health System
Chester River Hospital Center. Conference Center. 100 Brown St. Chestertown, MD 21629.
In celebration of American Heart Month, learn about one of the most important organs in the human body at a free seminar focused on heart health. The speaker will present on Nontraditional Risk Factors for Coronary Disease. Health care professionals will provide easy exercise tips, health and delicious heart-friendly snack recipes, and teach how to “eat a rainbow.” Refreshments will be served. For more information, please contact Sherrie Hill at 410-778-7668, ext 2222 or shill@chesterriverhealth.org
- Saturday, February 23, 2013 from 10:00 am to 5:00 pm
Fox 45 Bmore Healthy Expo hosted by the University of Maryland Medical System
Baltimore Convention Center. 1 W. Pratt St. Baltimore, MD 21201
Free health expo featuring something for everyone, including free health screenings, information, and cooking and physical fitness demonstrations. Stop by our booths and learn about healthy eating, general health and wellness, have your blood pressure checked, and meet our new Children’s Hospital mascot “Turbo” the turtle! Call 1-800-492-5538 and ask for the community health and education department for more details.
- Saturday, February 23, 2013 from 6:00 to 10:00 pm
Baltimore Heart Ball
Marriott Waterfront Hotel
Attire: black tie
Volunteers needed
Cost: \$500 per ticket
Contact: Sarah Kramm, 410-637-4519
- Saturday, February 23, 2013 from 10:00 am to 1:00 pm
Peninsula Regional Medical Center is hosting a **blood pressure screening** at the Macys in Salisbury, Maryland
- Monday, February 25, 2013 from 11:30 am to 1:30 pm
Health Fair: Get Your Heart Into It hosted by Kernan Hospital
Kernan Hospital. Flynn Conference Center. 2200 Kernan Drive. Baltimore, MD 21207
Learn more about your heart and its needs at the heart health fair. Participants will be able to get free blood pressure screenings as well as information on stroke, cholesterol, food and nutrition, BMI, physical fitness, and more. For more information call 410-448-6853.
- Tuesday, February 26, 2013 from 8:00 to 10:30 am
Johns Hopkins Bayview Medical Center will hold a **Heart Health Screening** to include cholesterol, glucose, blood pressure, and body composition screenings. Information tables on other health topics will be available as well.
- Wednesday, February 27, 2013 from 8:30 am to 12:00 pm
Free blood pressure screening hosted by the Baltimore Washington Medical Center
Harundale Presbyterian Church 1020 Eastway Glen Burnie, MD 21060
- Wednesday, February 27, 2013 from 11:00 am to 1:00 pm

Discussion: How to Keep Your Heart Healthy hosted by Chester River Health System

Shared Opportunity Services. 601 High St. Chestertown, MD 21620

Take advantage of a free class on ways to take care of your heart and the hearts of your loved ones.

- Wednesday, February 27, 2013 from 5:30 to 8:00 pm
Frederick Memorial Hospital's Women's Center at Crestwood presents the **Women and Heart Health Event: A Seminar on the Prevention and Treatment of Heart Disease in Women.**
FMH Crestwood 2nd Floor Conference Room, 7211 Bank Court, Frederick, MD 21703
This event will feature local experts and discuss heart disease symptoms among women, heart disease treatment and prevention, congestive heart failure, the FHM stroke program and chest pain center, cardiac electrophysiology, and cardiac rehabilitation. Raffle items, giveaways and refreshments included for free!
- Thursday, February 28, 2013 from 1:30 to 3:30 pm
Peninsula Partners Heart Health Program is sponsoring a presentation by Dr. Anthony Frey on "**Risk Factors for Heart Disease**"
- Thursday, February 28, 2013 from 6:00 to 9:00 pm
The Links Red Wine & Dark Chocolate Affair
The Forum, 4710 Primrose Avenue Baltimore, MD 21215
Mingle with Baltimore's leadership with food, red wine tastings, and dark chocolate!
Contact: Annette Fisher (410) 637-4569

Additional Heart Month Activities:

- Free Health Screenings: University of Maryland Medical System
For free screenings in your area, call 1-800-492-5538 or visit the websites of your local UMMS hospital including Baltimore Washington Medical Center, Chester River Health System, Civista Medical Center, Kernan Hospital, Maryland General Hospital, Mt. Washington Pediatric Hospital, Shore Health System, University of Maryland Medical Center, University of Maryland St. Joseph Medical Center, or Upper Chesapeake Health System.
www.umms.org
- February 11 through 15, 2013
In honor of National Cardiac Rehabilitation Week, Shore Health System is focusing on helping community members lead healthier lives by eating right and taking care of the heart. The Cardiac Rehabilitation Center will promote heart health throughout the week through a series of events and speakers.
- The Wicomico County Health Department is hosting Wear Red Day every Friday in February. Staff is encouraged to wear something red to help spread the message of the seriousness of heart disease for both men and women. Also during the month, the American Heart Association video "Just a Little Heart Attack" is on the agency home page.
- The Caroline County Health Department will start a poster campaign for Heart disease and prevention in the community. Starting February 15th, the department will sponsor monthly free blood pressure and BMI screenings for the Choptank Transport Company. They will additionally host a 12 week smoking cessation course for employees of the Choptank Community Health Systems and a monthly class for employees of the Choptank Transport Company. Contact the Caroline County Health Department for more information.
- Multiple events are sponsored by hospitals, health centers, health departments, and various public health partners throughout the month that promote community, family and individual health. This includes heart

expos featuring free blood pressure screenings, heart healthy cooking demonstrations, educational lecture presentations, health fairs, etc. Contact local organizations to learn more.

- The Peninsula Regional Medical Center is holding a variety of heart healthy activities for their employees, including an educational “lunch and learn”, a healthy heart bake sale, and blood pressure screenings. Contact Jeanne Ruff at 410-543-7769 to learn more.

- Mondays-Fridays 8 am-4:30 pm

Screenings: Hearts and Smarts hosted by Maryland General Hospital

Community Health Education Center, Suite 107. 821 N Eutaw St. Baltimore, Md 21201

Be good to your heart and your brain will thank you for it. The heart pumps 20 percent of your blood to your brain, and if your heart is not pumping at full capacity, your brain is not receiving the food and oxygen it needs. Maryland General Hospital offers daily screening for blood pressure and cholesterol. For more information call 410-221-2000.